

# December 2021-Wheaton Fifty-Fit (55+) Center

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:30am Wheaton Walks 10am Chinese Dance & Fitness 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Ballroom/Line Dance 1pm-3pm Knowing Technology 2:15pm 55+ Beginners Ballet 2:30pm Tech Lobby Support 3:15pm Functional Fitness	<b>2</b> 11am 55+ Beginners Ballet 12pm Lunch 1-1:45pm Senior Fit 1pm Ballroom/Line Dance 2pm Zumba 2:30pm 55+ Yoga 2:30pm Tech Lobby Support	<b>3</b> 9:30am-11am Shape and Tone 11am Beginners Portrait Painting 12pm Lunch 1pm 2pm WIT club 1pm Speaking Everyday English 2pm-4pm Online Website Development 2:30pm Tech Lobby Support 3pm Yoga Para Todos
<b>6</b> 9:15am 55+Yoga 10am Brain Fitness 10am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Vocabulary Blast 1-1:45pm Pictionary 2:30pm Tech Lobby Support	<b>7</b> 9:15am-10am AM Social 9:15am Wheaton Cardio DVD 10am Intro to Drawing 10am Bingo 11am Zumba 12pm Lunch 1-1:45pm Senior Fit 2pm Needles & Yarn 2:30pm Tech Lobby Support	<b>8</b> 9:30am Wheaton Walks 10am Chinese Dance & Fitness 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Ballroom/Line Dance 1pm-3pm Knowing Technology 2:15pm 55+ Beginners Ballet 2:30pm Tech Lobby Support 3:15pm Functional Fitness	<b>9</b> 11am Beginners Ballet 12pm Lunch 1-1:45pm Senior Fit 1pm Ballroom/Line Dance 2pm Zumba 2:30pm 55+ Yoga 2:30pm Tech Lobby Support	<b>10</b> 10am-1pm Holiday Extravaganza 11am Beginners Portrait Painting 1pm 2pm WIT club 1pm Speaking Everyday English 2pm-4pm Online Website Development 2:30pm Tech Lobby Support 3pm Yoga Para Todos
<b>13</b> 9:15am 55+Yoga 10am Brain Fitness 10am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Vocabulary Blast 2:30pm Tech Lobby Support	<b>14</b> 9:15am-10am AM Social 9:15am Wheaton Cardio DVD 10am Intro to Drawing 10am Bingo 11am Zumba 11:30am Wheaton Cuisine 12pm Lunch 1-1:45pm Senior Fit 2pm Needles & Yarn 2:30pm Tech Lobby Support	<b>15</b> 9:30am Wheaton Walks 10am Chinese Dance & Fitness 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm-3pm Knowing Technology 2:15pm 55+ Beginners Ballet 2:30pm Tech Lobby Support 3:15pm Functional Fitness	<b>16</b> 10am Holiday Fraud & Scams 11am Beginners Ballet 12pm Lunch 1-1:45pm Senior Fit 1pm Ballroom/Line Dance 2pm Zumba 2:30pm 55+ Yoga 2:30pm Tech Lobby Support	<b>17</b> 9:30am-11am Shape and Tone 11am Beginners Portrait Painting 12pm Lunch 1pm 2pm WIT club 1pm Speaking Everyday English 2pm-4pm Online Website Development 2:30pm Tech Lobby Support 3pm Yoga Para Todos

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<p>20</p> <p>9:15am 55+Yoga 10am Brain Fitness 10am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Kefa Café Tea Social 12:30pm Tech Lobby Support</p>	<p>21</p> <p>9:15am-10am AM Social 9:15am Wheaton Cardio DVD 10am Intro to Drawing 10am Bingo 11am Zumba 12pm Lunch 1-1:45pm Senior Fit 2pm Needles &amp; Yarn 2:30pm Tech Lobby Support</p>	<p>22</p> <p>9:30am Wheaton Walks 10am Chinese Dance &amp; Fitness 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Ballroom/Line Dance 1pm-3pm Knowing Technology 2:15pm 55+ Beginners Ballet 2:30pm Tech Lobby Support 3:15pm Functional Fitness</p>	<p>23</p> <p>11am Beginners Ballet 12pm Lunch 1-1:45pm Senior Fit 1pm Ballroom/Line Dance 2pm Zumba 2:30pm Tech Lobby Support</p>	<p>24</p> <p>No Wheaton 55+ Programs</p>
<p>27</p> <p>10am Brain Fitness 10am Social Line Dance 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Vocabulary Blast 1-1:45pm Pictionary 2:30pm Tech Lobby Support</p>	<p>28</p> <p>12pm Lunch 1-1:45pm Senior Fit 2pm Needles &amp; Yarn 2:30pm- Tech Lobby Support</p>	<p>29</p> <p>10am Chinese Dance &amp; Fitness 11am 55+ Superpower Dance Circle 12pm Lunch 1pm 2pm WIT club 1pm Ballroom/Line Dance 1pm-3pm Knowing Technology 2:15pm 55+ Beginners Ballet 2:30pm Tech Lobby Support 3:15pm Functional Fitness</p>	<p>30</p> <p>12pm Lunch 1-1:45pm Senior Fit 1pm Ballroom/Line Dance 2pm Zumba 2:30pm Tech Lobby Support</p>	<p>31</p> <p>No Wheaton 55+ Programs</p>